

# The Stall Street Journal

Zepf Center

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## **Simple Ways to Reduce Stress**

- **Keep a positive attitude.**
- **Accept that there are events that you cannot control.**
- **Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, combative, or passive.**
- **Learn relaxation techniques (see below).**
- **Exercise regularly. Your body can fight stress better when it is fit. Talk to your doctor before starting an exercise program.**
- **Eat well-balanced meals.**
- **Rest and sleep. Your body needs time to recover from stressful events.**
- **Don't rely on alcohol or drugs to reduce stress.**

**Two-minute relaxation:** Switch your thoughts to yourself and your breathing. Take a few deep breaths, exhaling slowly. Mentally scan your body. Notice areas that feel tense or cramped. Loosen up these areas. Let go of as much tension as you can. Rotate your head in a smooth, circular motion once or twice. (Stop any movements that cause pain.) Roll your shoulders forward and backward several times. Let all of your muscles completely relax. Recall a pleasant thought for a few seconds.

In times of great stress or adversity, it's always best to keep busy, to plow your anger and your energy into something positive.- Lee Iacoca

Take another deep breath and exhale slowly.

## *Health Program Corner*

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S.I.M.P.L.E- Nutrition and  
Exercise 12:30pm-2:00pm @  
Central

New-R-Nutrition and Exercise  
12:30pm-2pm @ The Wellness  
Center

Nutrition Class-Ongoing  
Thursdays 3:00pm @ The  
Wellness Center

Diabetes Education-Once a  
Month

Yoga-Starts Aug. 26th  
Mondays and Wednesdays  
2:00pm @ The Wellness Center

Park Walk-?

Adult Gardening- Ongoing  
Tuesdays 9-10am @ 4747 Hill  
Ave University Church  
Garden

Expanding Food and  
Nutrition Program- Starts  
Sept. 9<sup>th</sup> Eight week program  
Monday's 1:00pm @ The  
Wellness Center